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DAILY

Kabul 08° Sunny | Kandahar 18° Sunny | Herat 12° Sunny | Jalalabad 20° Sunny | Mazar-e-Sharif 08° Cloudy | Bamyan -6° Partly cloudy

Foreign Minister stresses need for unity among Afghans



KABUL: The acting Minister of Foreign Affairs of the Islamic Emirate of Afghanistan, Mawlavi Amir Khan Muttaqi, has said that religious scholars should serve in all sections of society.

Addressing a graduation ceremony of students of Jaamia Riaz-ul-Uloom in Kabul, Muttaqi also stressed the need for unity among Afghans.

"Religious scholars should serve all sections of society, both in the religious and worldly spheres and their actions should be such that people are encouraged towards religion," Muttaqi said.

"You should gather everyone around you. No one should be disappointed in you. No one should be offended by you. No one should run away from you. Why should they run away? You should befriend one who runs away. Why should your friend leave you? You have knowledge. You have a system. You have seen the world. You have experience in dealing with matters. Why should he leave you?" Muttaqi further said.

Unwarranted criticism leads to destruction, he warned, adding that if a sheep, cow, or goat leaves the flock, it is eaten by the wolf.

The Kabul Times

Restoration of country's cultural, historical sites a must, Mawlavi Jamal

KABUL: Mawlavi Qudratallah Jamal, the Finance, Tourism and Administrative Deputy Minister of Information and Culture, during his visit to the northern province of Kunduz, said the other day that the restoration of the historical and cultural sites of the country is one of the priorities of the ministry.



"Facilities should be provided for tourists so that the tourism industry can flourish and tourists can be attracted to the province," Mawlavi Jamal said, urging the provincial officials to coordinate fully with the media and make efforts toward creating unity among youths.

Recently, Mawlavi Qudratallah Jamal started his provincial visit to evaluate the culture and media affairs of the provincial departments of information and culture of the ministry.

The Kabul Times

17 Afghan migrants released from African countries' jails, Takal

KABUL: At least 17 Afghan migrants have been released from jails of some African countries in the past three months, the Director of Public Communication and Deputy Spokesman of the Ministry of Foreign Affairs of the Islamic Emirate, Hafiz Zia Ahmad Takal, said in a statement on his X page Saturday.

"The Afghan migrants who had been imprisoned for various reasons in a number



of African countries, including Egypt, Morocco, Libya, Sudan and Mauritania, have been released as a result of the efforts of the embassy of the Islamic Emirate in Cairo, the capital of Egypt, and transferred to the country by Ariana Afghan Airline," Takal said. As a result of the tireless efforts of the officials of the Islamic Emirate, thousands of Afghan refugees have been imprisoned for various reasons in some countries, released, and transferred to the country.

The Kabul Times

New homes handed over to earthquake-affected families in Herat

KABUL: At least 73 homes have been handed over to the quake-affected families in the Zinda Jan district of the country's western province of Herat, the provincial Information and Culture Department said in a statement Saturday.

The houses have been constructed by an international organization in three earthquake-affected villages of Zindajan district in a standard manner and are equipped with toilets and water tanks for the affected families, the statement said.

Previously, thousands of shelters worth millions of Afghani have been built and handed over to quake-hit families in Herat province.

Meanwhile, a number of people who have been provided with new shelters expressed pleasure and thanked the Islamic Emirate for providing them with houses in the cold weather and asked the Islamic Emirate to pay attention to provide them with other necessary services.

The Kabul Times



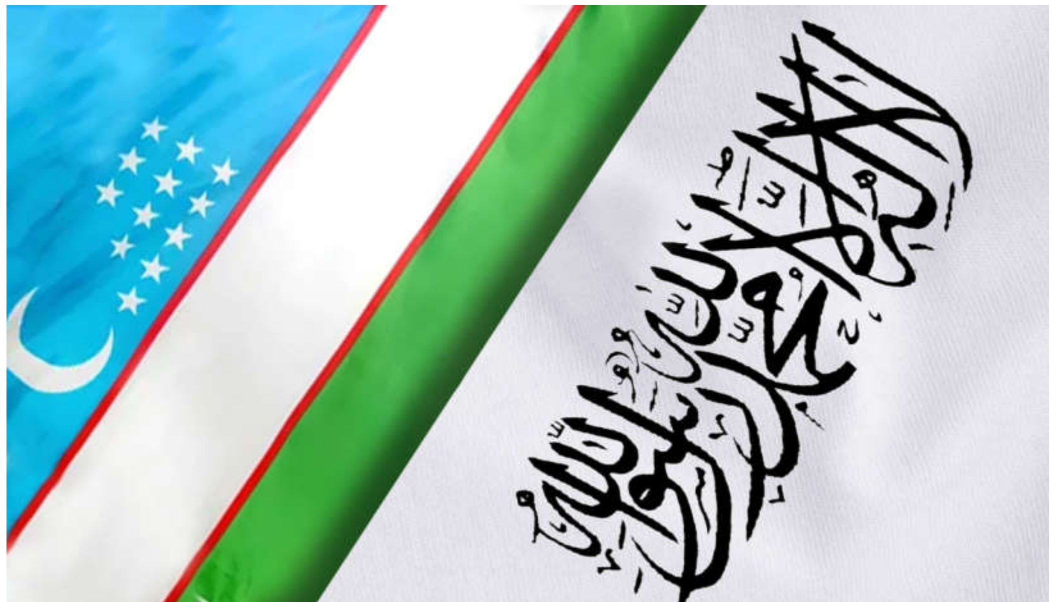
Work on three development projects kicks off in Helmand

KABUL: Mullah Mohammad Younus Akhundzada, the acting Minister of Rural Rehabilitation and Development, during his visit to Helmand province, inaugurated the construction work on three projects worth 76 million Afghani, the ministry said in statement the other day.

According to the statement, during a ceremony held on this occasion in the Kajaki district of Helmand province, Akhundzada emphasized that the Islamic Emirate is committed to balanced development even in the most remote areas of the country.

The projects include the reconstruction of an 8-kilometer irrigation canal in the village of Dabagol, the construction, and graveling of a 30-kilometer road in the village of Shiri, and the construction and graveling of an 88-kilometer road in the village of Safed Hesar in Kajaki district, the statement said. During the implementation of the projects, job opportunities will be provided for dozens of local residents. Balanced development at the district level is one of the developmental strategies of the Islamic Emirate aimed at improving the living conditions of the people. **The Kabul Times**

Afghan, Uzbek officials discuss trade issues



MAZAR-E-SHARIF: A nine-member delegation from the country's northern province of Balkh has traveled to Uzbekistan to discuss bilateral trade issues, the governor's press office said the other day in a statement.

During this bilateral meeting, agreements were reached regarding the permission for 1,500 transit vehicles to enter Uzbekistan, as well as allowing Afghan traders to transport and sell dried fruits in the shared markets, said the statement, adding that decisions were made regarding the proper treatment of burn victims in Uzbekistan's shared market hospitals. The statement also noted that both countries agreed to facilitate visa arrangements for their citizens.

It should be said that the Islamic Emirate has previously made numerous efforts to facilitate trade between the two countries, resolve transit issues, and ease visa conditions for people traveling between Afghanistan and Uzbekistan.

The Kabul Times

MoU signed to support orphans in provinces, ministry

KABUL: The Ministry of Martyrs and Disabled said Saturday in a statement that it has signed a Memorandum of Understanding (MoU) with the International Islamic Welfare Organization, valued at $168,890, to enhance the economic self-sufficiency of orphans in provinces.

The agreement was signed by Mullah Sado Khan Haqshenas, Head of Foreign Relations and Planning of the Ministry, and Mohammad Zolqarnain Abbas, Head of the International Islamic Welfare Organization, the statement said.

Under the MoU, services will be provided to 80 orphans in Kabul and Balkh provinces, focusing on job creation and promoting economic independence for their families, the



statement read.

Addressing the signing ceremony, Mullah Haqshenas emphasized the need for improved services for orphans, widows, and individuals with disabilities who have been affected by decades of conflict and instability in the region.

Meanwhile, Mohammad Zulqarnain Abbas also committed to collaborating closely with the Ministry to ensure comprehensive assistance for the orphans and their families in the two provinces.

To provide orphans, widows, and disabled individuals with essential services and facilities, the ministry has previously signed many agreements worth millions of Afghani with some domestic and foreign organizations. **The Kabul Times**

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Food for thought

Today's generation guarantees our bright future

IEA welcomes any effort for Afghanistan stability

Afghanistan has forever faced harsh blow in the field of security from aliens and malicious groups during the course of history. Since Afghanistan is a mine-rich country and located in the central part of Asian nations, any country wants to utilize the opportunity in their interest. But the world and regional countries have now realized the fact that their security has a close link to the stability of Afghanistan and there is a need to work hard for cooperation with the ruling Islamic system to reach a lasting peace and security.

A few days ago, Turkish President Recep Tayyip Erdoğan visited Pakistan and besides bilateral issues, expressed support for a peaceful Afghanistan with the Pakistani premiere.

Erdoğan and Sharif focused on regional issues, including Afghanistan, during their meeting in Islamabad and including other issues, the two leaders stressed the need for support to peace and security in Afghanistan, and the continuation of humanitarian aid to the country.

The two sides expressed their firm support for a peaceful, stable Afghanistan and for international efforts to build a more sustainable future for the people of war-torn country.

"Both countries reiterate their support for a peaceful and stable Afghanistan and for advancement of international efforts aimed at building a more sustainable future for the Afghan people through continued, coordinated and coherent engagement with the interim Afghan authorities including on countering terrorism," a statement said.

Afghanistan welcomes any meeting beneficial for peace, security and national rule of Afghanistan, but has long announced and reiterated that such gatherings should never be tended as interference in the internal affairs of the country.

Earlier, the president of Pakistan had discussed Afghanistan's issues including good interaction with the international community and the sustainable development process during a meeting with his Chinese counterpart in Beijing.

The Islamic Emirate wants recognition from the neighboring and regional countries, particularly Türkiye and Pakistan as the move can pave the way for a positive engagement and finally recognition of the incumbent broad-based Islamic system.

Current U.S. hegemonic policies and their impact on international politics

Part IV



Imperialist policies not only lead to the erosion of international stature and the violation of international laws but also have one of the most destructive consequences: Creating distrust at the international level. The U.S. withdrawal from international agreements such as the Iran nuclear deal and the Paris Climate Accord reduced global confidence in U.S. commitments.

These actions led many countries to doubt the U.S.'s willingness to adhere to international agreements.

This decline in trust could make future international cooperation more difficult and result in instability within the international system.

The imposition of tariffs and the initiation of trade wars between the U.S. and countries such as China and the European Union had negative impacts on the global economy. Increased tariffs and trade restrictions led to a reduction in international trade volume, increased product prices, and slowed economic growth.

These trade wars disrupted global supply chains, causing economic difficulties for many countries.

Trump's policies of increasing the military budget and imposing economic sanctions on various countries during both his first presidency and the current term have intensified global military and arms competition.

Rising military tensions can lead to new wars and increased military expenditures in different countries.

This issue could contribute to global instability and reduce financial resources available for domestic development and welfare.

The focus on bilateral agreements and the withdrawal from multilateral agreements weakened international cooperation.

The U.S.'s reduced role in international organizations and agreements could undermine the multilateral system and create challenges in addressing global issues.

For example, the U.S. withdrawal from the Paris Climate Accord made global efforts to combat climate change more challenging.

Trump's economic policies, emphasizing U.S. economic interests and reducing international aid, led to increased inequalities and social problems in some countries.

The reduction of U.S. development and humanitarian aid could harm poorer countries, slowing their progress and welfare.

This rise in inequalities could result in social and political instability in various nations.

The issue is not only that the U.S. has withdrawn from developmental and humanitarian assistance but also that this trend may set a precedent among other countries and international institutions—a dangerous precedent.

The world has a long history of imitating American policies and traditions, which significantly increases the risks involved.

The reality is that Trump's policies have reduced the U.S.'s soft power influence worldwide.

The withdrawal from international agreements and the adoption of confrontational approaches led many countries to distance themselves from the U.S. and seek to form new and independent alliances.

This trend could weaken America's global position and diminish international cooperation. The decline of U.S. soft power influence may have long-term negative effects on international relations and global interests.

Trump's imperialist policies have had widespread negative impacts on the world.

The decline in global trust in U.S. commitments, the escalation of trade wars, increased military and arms tensions, the weakening of multilateral cooperation, the rise in inequalities and social issues, and the reduction of U.S. soft power are among these effects.

These policies have not only harmed the U.S. economy and internal security but have also inflicted serious damage on the international system and global relations. Ultimately, Trump's imperialist policies have created new challenges for the world and destabilized the international order.

The final conclusion regarding Trump's imperialist policies in both the international system and domestically within the U.S., based on analyses from various experts, indicates widespread and multifaceted effects these policies have had.

In the following section, we will analyze the outcomes of these policies from the perspectives of American and global analysts.

Continue…

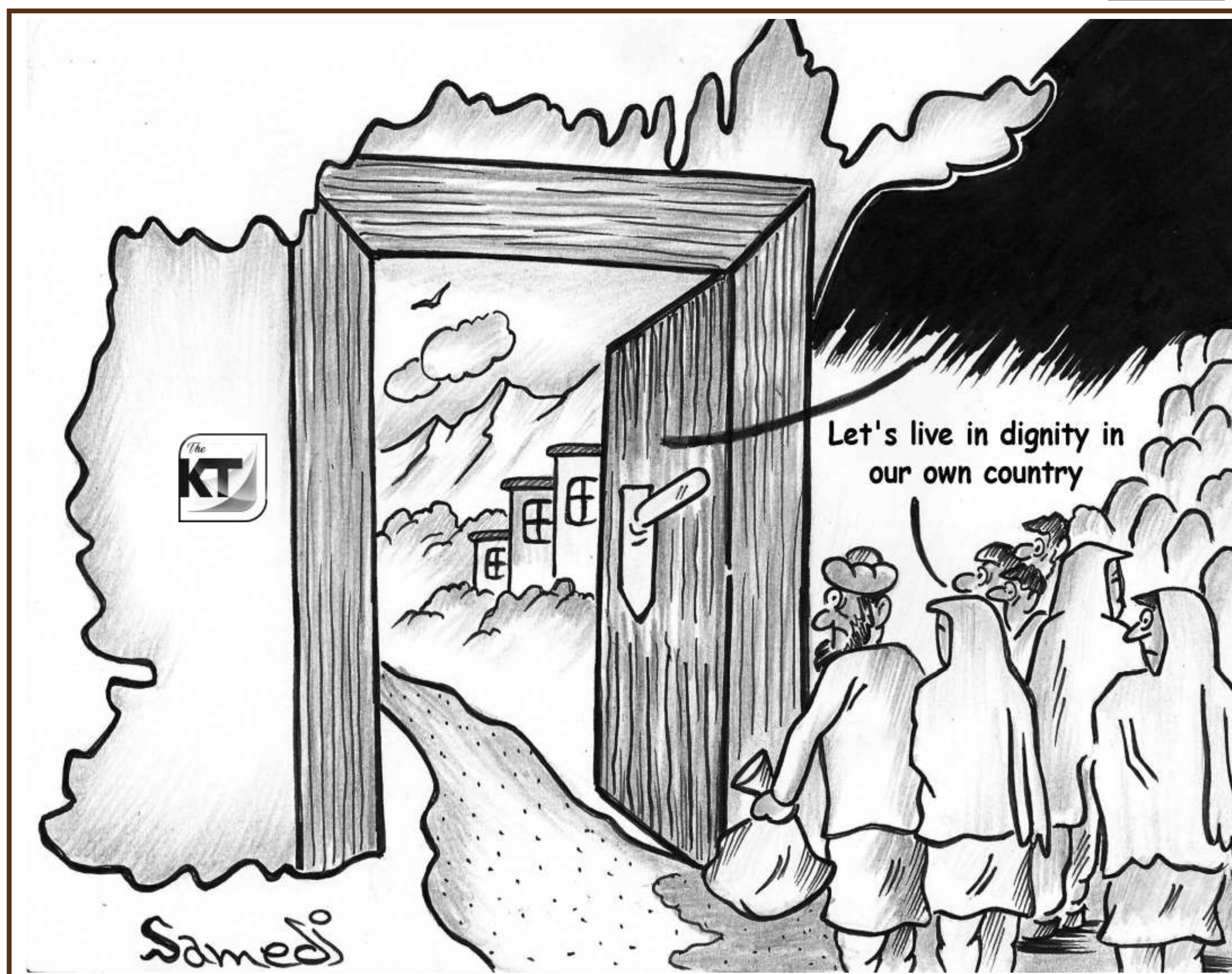
Firooz Ahmad Ebrahimi

Th-is decline in trust could make future international cooperation more difficult and result in instability within the international system.

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Trump's policies of increasing the military budget and imposing economic sanctions on various countries during both his first presidency and the current term have intensified global military and arms competition.

See P4



Gold & silver-backed currency: The key to a stable, inflation-free economy

In an Islamic economic system, the value of money is based on gold and silver rather than fiat currencies like the U.S. dollar.

This approach ensures that the national currency maintains intrinsic value, reducing the risks associated with inflation, political instability, and global economic fluctuations. By adopting a gold- and silver-backed currency, an Islamic financial system aims to create long-term stability and protect national economies from external influences, including the policies and statements of world leaders like Donald Trump.

Historically, gold and silver have been recognized as stable forms of currency due to their intrinsic value.

Unlike paper money, which can be devalued through excessive printing, gold and silver retain their worth over time.

Many Islamic scholars argue that adopting such a monetary system aligns with Islamic economic principles, which emphasize fairness, stability, and protection from interest-based financial systems.

Under this system, a country would issue currency backed by gold and silver reserves.

The government would ensure that every unit of currency in circulation corresponds to a specific amount of physical gold or silver held in reserve.

This approach prevents excessive money printing and inflation, which often plague fiat-based economies.

It also ensures that people's savings retain their purchasing power, as the value of gold and silver generally appreciates over time.

A major benefit of using a gold- and silver-backed currency is its resistance to economic and political fluctuations.

Fiat currencies, including the U.S. dollar, are heavily influenced by geopolitical events, policy changes, and financial speculation. For example, a single statement by influential political figures like Donald Trump can cause sharp fluctuations in global markets, affecting currency values and national economies.



In contrast, a currency backed by tangible assets like gold and silver remains stable regardless of political developments.

This independence from global financial instability provides greater security for businesses, investors, and everyday citizens.

It also strengthens a nation's sovereignty by reducing reliance on foreign financial institutions and international monetary policies.

Implementing a gold- and silver-backed currency also has implications for international trade.

In a fiat-based global economy, countries often engage in currency devaluation strategies to gain a trade advantage. However, in a system where currency is tied to precious metals, such manipulations become impossible.

Nations that adopt this system would conduct trade using gold- and silver-backed currencies, fostering trust among trading partners.

It could also encourage other countries to shift towards asset-backed financial systems, leading to greater global economic stability.

Moreover, trade agreements based on tangible value rather than fluctuating fiat currencies would create a fairer and more transparent economic environment.

While the idea of a gold- and silver-backed currency offers numerous benefits, its implementation comes with challenges. Countries transitioning to this system would need to build sufficient gold and silver reserves to back their currency.

Additionally, shifting away from fiat currency requires comprehensive financial reforms and cooperation from banking institutions.

One strategy to ease the transition is to introduce a dual monetary system, where both fiat and gold-backed currencies coexist for a period.

This allows time for businesses and individuals to adapt before fully transitioning to a precious metal-based economy.

Another approach is to encourage investment in gold and silver at a national level, gradually increasing reserves while stabilizing the economy.

A monetary system based on gold and silver aligns with Islamic economic principles and offers significant advantages, including stability, protection from inflation, and resistance to political and financial crises.

By implementing such a system, an Islamic economy can maintain sovereignty, protect citizens' wealth, and foster fairer international trade relations.

Although the transition to a gold- and silver-backed currency presents challenges, careful planning and gradual implementation can pave the way for a more stable and just economic future.

Mukhtar Safi

Expanding trade cooperation between Afghanistan, central Asian countries

The trade relations and cooperation between Afghanistan and Central Asian countries continue to expand, which has put positive impacts on the region's economic growth. Afghanistan's key trade partners in Central Asia are Uzbekistan, Turkmenistan, and Kazakhstan.

The other two countries, Tajikistan and Kyrgyzstan, play a smaller role, as they still contribute by exporting electricity and agricultural products to Afghanistan.

For Turkmenistan, the most significant project involving Afghanistan is the TAPI gas pipeline.

President Berdimuhamedov recently directed the government to accelerate the development of the Galkynysh Gas Field and expedite the TAPI pipeline's construction. The state company Turkmengas has already completed a 214-kilometer section on Turkmenistan's territory, fully preparing it for operation.

The TAPI gas pipeline project is also advancing at full tilt, with over five kilometers of the pipeline already laid in Afghanistan territory.

The advancement and acceleration of work on the TAPI gas pipeline in Afghanistan's territory marks a significant milestone for regional connectivity and economic growth in South and Central Asia.

This project is a key component of the country's socio-economic development and investment program for 2025.

Additionally, Turkmenistan is poised to become a transport hub for international corridors passing through Kazakhstan, particularly the North-South and Middle corridors, as well as the Lapis Lazuli corridor, which connects Turkiye, Georgia, Azerbaijan, Turkmenistan, and Afghanistan.

The other Central Asian country, Kazakhstan does not share a border with Afghanistan like Uzbekistan and Turkmenistan, but it remains an active trade partner.

The Islamic Emirate has recently signed a cooperation roadmap with Kazakhstan, covering sectors including trade, industry, mining, energy, logistics, and agriculture. With its part in trade in the region, Kazakhstan's role in regional stability and economic development is key.



Another Central Asian country, Uzbekistan is considered as key trade partner of Afghanistan.

Over the past five years, trade turnover between the two countries has grown by nearly 1.5 times, reaching $866 million in 2023.

Currently, 550 enterprises with Afghan investments operate in Uzbekistan, with 443 being fully Afghan-owned.

Joint projects span industries such as food production, construction materials, agriculture, tourism, and textiles.

Recently, Uzbekistan and Afghanistan signed business agreements worth $4.5 million between their private sectors.

Most of Afghanistan's exported items to Uzbekistan are dried fruit, fruit juice, apricot, sesame, and carpets, and most of our imported items are electricity, flour, beans, chemical fertilizers, oil, and gas.

Beyond trade agreements that have been signed between Afghanistan and Uzbekistan, the two countries are discussing broader economic cooperation.

With the Islamic Emirate takeover and the improvement of the overall security situation across the country, regional cooperation and trade relations between Afghanistan and countries in the region have increased, which will help our country achieve sustainable economic development in the coming years.

Sayed Sharif

Impact of a vegetarian diet on human health



A vegetarian diet focuses on plant-based foods while avoiding meat, poultry, and fish. Different types of vegetarian diets include lacto-ovo vegetarians (who consume dairy and eggs), vegans (who avoid all animal products), and pescatarians (who include fish but not other meats). This dietary pattern has gained popularity for its health and environmental benefits.

One of the most significant advantages of a vegetarian diet is its positive impact on cardiovascular health. Research shows that vegetarians generally have lower cholesterol levels and reduced risks of hypertension. Plant-based diets are typically lower in saturated fat, which helps reduce arterial plaque buildup. Additionally, they are rich in antioxidants and fiber, which protect against oxidative stress and promote healthy blood vessels.

Vegetarian diets are associated with a decreased risk of chronic diseases, such as type 2 diabetes.

Studies indicate that plant-based diets improve insulin sensitivity and lower blood sugar levels. Furthermore, reduced consumption of red and processed meats, classified as carcinogenic by the World Health Organization (WHO), can lower the risk of colorectal and breast cancer.

A vegetarian diet promotes weight management due to its high fiber content and lower caloric density. Fiber-rich foods enhance satiety and reduce overeating. Multiple studies have shown that vegetarians tend to have lower body mass indexes (BMIs) than non-vegetarians, leading to decreased risks of obesity-related conditions such as metabolic syndrome and cardiovascular diseases.

The high fiber intake in plant-based diets supports gut health by promoting regular bowel movements and preventing constipation. Fiber also acts as a prebiotic, feeding beneficial gut bacteria and improving overall gut microbiota diversity.

This, in turn, boosts immune function and lowers the risk of digestive disorders.

While vegetarian diets offer many benefits, they may lead to certain nutrient deficiencies:

* Protein: Inadequate intake of complete proteins (those containing all essential amino acids) can occur if diet diversity is not maintained.

* Iron: Non-heme iron found in plants is less absorbable than heme iron from animal sources, leading to potential deficiencies.

* Vitamin B12: This vitamin is almost exclusively found in animal-based foods, increasing the risk of deficiency in vegans.

* Calcium and Vitamin D: Lack of dairy or fortified plant milks may lead to bone density issues.

* Omega-3 Fatty Acids: Essential fatty acids found in fish are crucial for brain and heart health, making them a concern for vegetarians.

To mitigate these risks, vegetarians are encouraged to consume fortified foods and supplements as needed. Sources such as soy products, lentils, nutritional yeast and fortified plant-based milk can help ensure adequate nutrient intake.

Vegetarians may experience fatigue and low energy levels due to insufficient calorie intake. Plant-based foods are generally lower in calorie density, which can lead to energy deficits if meal portions are not appropriately adjusted. Meal planning can help ensure an adequate caloric intake.

See P4

Love in Islamic and Western Culture

In Islam, marking love is based on divine guidance.

In Islamic society, relationships are nurtured for the sake of Almighty Allah, and Islam is a divine religion that forbids any bad relationships or sins.

The relationships between humans should be pure and for the sake of Almighty Allah.

In Western countries, love is marked in special ceremonies, exchanging gifts, roses, and other unnecessary activities.

Such actions are followed only as a romantic relationship that young people do to express their feelings.

It is clear that in this way, the morality of society reaches the lowest level.

The concept of love has been described in different ways by different cultures and religions.

February 14 is marked as Valentine's Day in the Western world and countries.

They and their followers celebrate it with great joy.

In the past twenty years, the day was also celebrated in our country, where a number of young people participated and exchanged gifts and letters with each other in order to establish and maintain illicit relationships.

However, celebrating this day in the name of nurturing love is in conflict with Islamic values.

The most important thing is that our young generation should be so alert and vigilant that they should always be aware of the traps set by the Westerners, and in no way fall into the traps they have set, as we Muslims value Islam and its teachings above all else, Islam has given us a very clear and standard definition of love.

We should understand what our beloved religion, Islam, tells us about such relationships.

First, we must understand the meaning of love. What is love?

Love refers to the attraction that arises in the heart of the first person for another person. It is sometimes from both sides and sometimes from one side.

Love has two types: 1. Voluntary 2. Natural love.

1. Voluntary love is the attraction of the heart that is under the control of the person.

One of the voluntary loves is the love that Islam has forbidden us from, which includes all the love that is not for the pleasure of Almighty Allah and His Messenger; but is for the sake of this world or of someone's beauty, and so on.., while the other one is that Islam always teaches us and says that you should love each other in a way that pleases Almighty Allah and His Messenger. Our Prophet Mohammad (peace be upon him) said: "The greatest sign of faith is that you love the Messenger's colleagues 'Ansar', and the greatest sign of hypocrisy is that you hate the Messenger's colleagues 'Ansar'

2. Natural love: Natural love is the attraction that arises in a person's heart for another person involuntarily.

One of this is the love arising out of kindness or compassion, such as the love of children for their parents, and the love of parents for their children, while the second type is the love arising out of beauty for someone, which is commonly called 'Ishq'.

Both the past and today's physicians considered this second love to be a disease because it always causes a person to be in mental turmoil and never leaves a person at peace.

However, religious scholars have shown their degrees of love, such as Ibn al-Jawzi in his book Dhimm al-Hawa (p. 230) who wrote the following types of love:

The first level of love is called Istihsan, the second level is called Irada, the third is called Mawadah, the fourth is called Muhabbat, the fifth is called Khalat, the sixth is called Ishq, the eighth is called Tatim, and the ninth is called Wala. Each of these ones has its own meaning, but we call all these levels of love by the name of Ishq.

Ibn al-Jawzi (may Allah have mercy on him) said about natural love: Natural love is permissible in the light of Islamic guidance, but it is not exceeded to a certain extent, and because of this, the divine commands are not violated.

In short, in Islam, the natural love arising involuntarily in a person's heart is forbidden and leads to sin.

Mohammad Yaqub Nayel

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AFC instructors arrive in Kabul for futsal coaching workshop



Two futsal coaching instructors from the Asian Football Confederation (AFC) have arrived in Kabul to conduct a specialized training workshop aimed at improving the skills of Afghan futsal coaches.

According to the Afghanistan Football Federation (AFF), the two instructors, Hossein Shams and Reza Kordi, are among Iran's most prominent futsal coaches.

They will lead a Level 2 futsal coaching workshop starting Saturday, with 24 Afghan coaches participating in the program.

The primary goal of this workshop is to enhance coaching knowledge and contribute to the development of futsal in Afghanistan.

By providing advanced training to local coaches, the program seeks to improve the quality of futsal at both grassroots and professional levels.

Futsal has been gaining popularity in Afghanistan, and initiatives like this workshop play a crucial role in building a strong foundation for the sport.

The presence of experienced AFC-certified instructors ensures that Afghan coaches receive international-standard training, which can positively impact the country's futsal scene.

The Afghanistan Football Federation has been actively working to develop futsal and football by organizing training programs and bringing in experts to support local talent. This latest initiative is expected to create better coaching opportunities and elevate the overall standard of futsal in Afghanistan.

With the growing interest in futsal, such training workshops will help Afghan coaches and players reach a higher level of competitiveness, potentially leading to stronger performances in regional and international tournaments.

The Kabul Times

Afghan taekwondo athlete wins gold at Pakistan Open tournament

Afghan taekwondo athlete Sayed Zarif Hashimi, a member of Afghanistan's national team in the Poomsae category, has won a gold medal at the Pakistan Open Taekwondo Championship.

The tournament was hosted in Islamabad, Pakistan, where Hashimi showcased outstanding skills and successfully defeated his opponents to claim the top spot in the poomsae division. His victory highlights Afghanistan's growing strength in taekwondo, particularly in forms (poomsae), which require precision, technique, and discipline. This achievement comes as the 7th Asian Open Taekwondo Championship kicks off in Pakistan. Afghanistan has a strong history in this competition, as the national team won the previous edition of the tournament by defeating top contenders and securing the championship title.

Afghanistan's continued success in international taekwondo events demonstrates



the dedication and talent of its athletes. The country's taekwondo team has consistently performed well in regional and global competitions, bringing pride and recognition to Afghanistan despite various challenges. Hashimi's gold medal not only adds to Afghanistan's growing list of international sporting achievements but also serves as motivation for young Afghan athletes who aspire to compete at the highest levels. His victory at the Pakistan Open further strengthens Afghanistan's reputation as a rising force in taekwondo. With the 7th Asian Open Taekwondo Championship underway, Afghan athletes are expected to continue their strong performances and aim for more medals, further proving their abilities on the international stage.

The Kabul Times

New Zealand wins tri-nation ODI series against Pakistan & South Africa

The tri-nation ODI series featuring New Zealand, Pakistan, and South Africa has concluded with New Zealand emerging as the champion. The series, which began a few days ago, saw competitive matches between the three teams before New Zealand secured the title.

In the final match, New Zealand successfully chased down a target of 243 runs set by host nation Pakistan, securing a victory and claiming the series trophy. The match was closely contested, but New Zealand's batting lineup proved strong enough to complete the chase and lift the title.

Salman Ali Agha was named the Player of the Series, having scored 219 runs and taken one wicket during the tournament.

His consistent performances with the bat and his contributions to the ball made him a standout player throughout the competition.

The tri-nation series provided thrilling cricket action, with all three teams showcasing their skills in one-day international (ODI) cricket. The competition served as an opportunity for teams to test their strengths ahead of upcoming international tournaments.

New Zealand's triumph in this series highlights their strong form in ODI cricket, as they managed to overcome the challenges posed by both Pakistan and South Africa. Meanwhile, Pakistan and South Africa will look to improve and address key areas in their game as they prepare for future international fixtures.

The series also offered cricket fans exciting matches and individual brilliance, with Salman Agha's performances standing out despite Pakistan falling short in the final. With this victory, New Zealand adds another ODI series win to their record, further strengthening their reputation as a formidable side in international cricket.

The Kabul Times

Russian forces take control of two settlements in eastern Ukraine: TASS

Russian forces have taken control of two frontline settlements in eastern Donetsk region, the Russian Defense Ministry said on Friday.

A ministry report said Russian forces had captured the village of Zelene Pole located between Pokrovsk, the focal point of Russian attacks in the region, and Velyuka Novosilka, a settlement that Russia's military said it captured late last month.

Also captured, according to the Russian report, was the village of Dachne, west of the town of Kurakhove, which Russia's military said it also captured last month. The town had been subjected to weeks of heavy fighting.

The General Staff of Ukraine's military, in a late evening report, said both villages were among 11 settlements that had come under Russian attack in the Pokrovsk sector. But it made no mention of them coming under Russian



control.

Reuters could not independently confirm battlefield reports from either side.

Ukraine's DeepState military blog, which tracks frontline positions based on open source reports, said this week that Russian forces had made advances near Zelene Pole and Dachne.

Russian forces failed in their initial bid to advance on Kyiv, the Ukrainian capital, after the February 2022 invasion and have since concentrated on capturing Donbas, made up of the eastern regions of Donetsk and Luhansk.

They have been making steady progress across Donetsk region for months, capturing a long string of villages.

But Ukrainian President Volodymyr Zelenskyy on Thursday praised the "good success" of a regiment based near Pokrovsk, without identifying where the operation had taken place.

At least one foreign blogger has noted Ukrainian counterattacks in the area.

Alarabiya

Impact of a vegetarian...

From P3

Adopting a vegetarian diet can be socially challenging, especially in cultures or families where meat consumption is central to traditional meals. Navigating social events and dining out can be difficult without sufficient vegetarian options.

Including a wide variety of plant-based foods ensures a balanced intake of essential nutrients.

For example, combining grains and legumes (e.g., rice and beans) can provide complete proteins. Nuts, seeds, and leafy greens should also be included regularly.

Fortified foods such as plant-based milks, cereals, and nutritional yeast can help vegetarians meet their nutritional needs.

Supplements for vitamin B12, vitamin D, iron, and omega-3s may also be necessary, especially for vegans.

Dietitians and nutritionists can provide personalized meal plans to ensure nutritional adequacy. Regular health checkups can help monitor for any potential deficiencies.

Cooking methods also play a role in maximizing nutrient retention.

In addition to physical health benefits, vegetarianism may positively impact mental health. Several studies suggest that plant-based diets are linked to lower levels of anxiety, depression, and stress. The high antioxidant content of fruits and vegetables helps reduce inflammation, which is often associated with mood disorders.

Additionally, foods rich in omega-3 fatty acids, contribute to brain health and emotional stability.

A vegetarian diet rich in vitamins C, E, and zinc can strengthen the immune system. Antioxidants and phytochemicals in plant-based foods help neutralize free radicals and reduce oxidative stress, which can enhance the body's defense against infections and diseases.

Calcium, vitamin D, and magnesium are essential for maintaining bone density and preventing osteoporosis. Since vegetarians may not consume dairy products, it is crucial to find alternative sources of these nutrients.

Fortified plant-based milks, leafy greens and almonds are excellent options for calcium. Sun exposure and fortified foods can provide adequate vitamin D, while seeds and legumes supply magnesium. Regular weight-bearing exercises can further support bone health.

Plant-based diets may positively impact hormonal balance, especially in women. Certain plant foods contain phytoestrogens that can help regulate estrogen levels.

These compounds may alleviate symptoms of menopause and reduce the risk of hormone-related cancers. However, moderation is key, as excessive consumption of phytoestrogens may have adverse effects.

Every individual has unique nutritional needs, which means a one-size-fits-all approach to vegetarianism may not work for everyone. Factors such as age, gender, activity level, and pre-existing health conditions should be considered when designing a vegetarian meal plan.

For example, pregnant women, growing children and elderly individuals may require higher intakes of certain nutrients like iron, calcium and vitamin B12. Working with healthcare professionals can ensure a personalized and balanced approach.

As plant-based diets gain popularity, innovations in food technology are expanding vegetarian options. Plant-based meat alternatives made from soy, pea protein, or mycoprotein offer meat-like textures and flavors without animal products. Additionally, advancements in lab-grown dairy and egg products are creating more sustainable and ethical choices. These innovations may further promote vegetarianism as a mainstream lifestyle.

A vegetarian diet offers numerous health benefits, from improved cardiovascular health and chronic disease prevention to better mental well-being and weight management.

However, careful planning is essential to avoid potential nutritional deficiencies. By embracing diverse food choices, fortified products and professional guidance, individuals can enjoy a nutritionally balanced and sustainable vegetarian lifestyle. With growing cultural acceptance and advancements in plant-based food options, vegetarianism is poised to become an integral part of a healthier and more sustainable future.

Dr. Bushra Parnian

Current U.S. hegemonic policies...

From P2

Rising military tensions can lead to new wars and increased military expenditures in different countries. This issue could contribute to global instability and reduce the financial resources available for domestic development and welfare.

The focus on bilateral agreements and the withdrawal from multilateral agreements weakened international cooperation.

The U.S.'s reduced role in international organizations and agreements could undermine the multilateral system and create challenges in addressing global issues.

For example, the U.S. withdrawal from the Paris Climate Accord made global efforts to combat climate change more challenging.

Trump's economic policies, emphasizing U.S. economic interests and reducing international aid, led to increased inequalities and social problems in some countries.

The reduction of U.S. development and humanitarian aid could harm poorer countries, slowing their progress and welfare.

This rise in inequalities could result in social and political instability in various nations. The issue is not only that the U.S. has withdrawn from developmental and humanitarian assistance but also that this trend may set a precedent among other countries and international institutions—a dangerous precedent. The world has a long history of imitating American policies and traditions, which significantly increases the risks involved.

The reality is that Trump's policies have reduced the U.S.'s soft power influence worldwide.

The withdrawal from international agreements and the adoption of confrontational approaches led many countries to distance themselves from the U.S. and seek to form new and independent alliances. This trend could weaken America's global position and diminish international cooperation.

The decline of U.S. soft power influence may have long-term negative effects on international relations and global interests.

Trump's imperialist policies have had widespread negative impacts on the world.

The decline in global trust in U.S. commitments, the escalation of trade wars, increased military and arms tensions, the weakening of multilateral cooperation, the rise in inequalities and social issues, and the reduction of U.S. soft power are among these effects These policies have not only harmed the U.S. economy and internal security but have also inflicted serious damage on the international system and global relations.

Ultimately, Trump's imperialist policies have created new challenges for the world and destabilized the international order.

The final conclusion regarding Trump's imperialist policies in both the international system and domestically within the U.S., based on analyses from various experts, indicates the widespread and multifaceted effects these policies have had.

In the following section, we will analyze the outcomes of these policies from the perspectives of American and global analysts.

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